

Pricing

TABLE MASSAGE	RATES
90-minute session	\$120
60-minute session	\$80
30-minute session	\$45

CHAIR MASSAGE	RATES
30-minute session	\$35
20-minute session	\$22
15-minute session	\$17
10-minute session	\$12

NOTE: All rates include tax.



Jennifer J. Husnik, CMT, LMT

Jennifer graduated from Capri College, located in Madison, Wisconsin, in 1996 with a certification in massage and bodywork therapies.

She has since obtained her New Jersey State License and joined the ANS team during the spring of 2013.

During her career, Jennifer has focused mainly on working in medical settings, specializing in deep tissue/neuromuscular techniques. She also has training in pre/postnatal, infant and sports massage.



Massage Therapy at ANS

"Where Health and Relaxation Meet"

About

Massage Therapy at ANS was developed to help you achieve optimal health. Our wide range of services and treatments aid in relaxation and total body health to assist the healing process.

Call to Schedule

All sessions are tailored to each individual client.



(973) 285-7848
ansdocs.com/massage

Open Hours

Monday – Friday 9am – 5pm

310 Madison Avenue
Suite 300
Morristown, NJ 07960
973.285.7848





ANS Infant Massage



The first sense to develop is the sense of touch. Infant massage has been shown to include the following benefits for both babies and parents:

- Creates strong bonds between parents & child
- Stimulates brain activity, leading to increased attentiveness and stimulating intelligence
- Stimulates the other senses, speeding myelination of the brain and nervous system, and promoting language development
- Increases oxygen and nutrient flow to cells, increasing your baby's ability to learn
- Enhances neurological development and muscle tone
- Increases the production of beneficial hormones
- Reduces the production of cortisol
- Eases colic and gas pain
- Reduces pain associated with constipation and teething
- Calms and soothes your baby during stressful situations such as inoculations or other procedures

Prenatal/ Postnatal Massage



Prenatal massage is meant to focus on the mother-to-be and the needs of her changing body. It can help to improve circulation, relieve mental and physical fatigue, and enhance the function of the muscles and joints.

Other benefits include:

- Alleviates stress on weight-bearing joints and muscular fascial striations
- Increases blood flow to provide more oxygen and nutrients to both mother and fetus
- Helps to stabilize hormone levels to relieve depression or anxiety caused by hormone changes
- Stabilizes blood pressure
- Releases natural pain-relieving endorphins
- Relieves muscle soreness, cramping and spasms due to carrying the extra weight

ANS Sports Massage



Athletes benefit from this type of massage because it promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares the body and mind for optimal performance. Athletes who receive massages also will have a faster recovery time from an event or injury.

Neuro- Muscular Therapy (NMT)



This type of therapy is used to treat the cause of chronic pain involving the muscles and nervous system. This medically-oriented form of massage addresses trigger points, circulation, nerve compression, postural issues and biomechanical problems that can be caused by repetitive movement injuries.

Massage for Scar Tissue



Scar tissue is the body's natural process for recovery from an injury or trauma. This fibrous material binds itself to the damaged soft tissue in an effort to draw the damaged fibers back together. This will limit your normal range of motion, function of the muscle, and circulation of blood supply to that area. The formation of scar tissue will result in loss of strength and power. During a massage to break up scar tissue, the therapist will release fluids and toxins and relax the surrounding tissues to reduce the pressure on the scar tissue and adhesion. This will also decrease some of the over-sensitivity in the area.

Deep Tissue Massage



This type of therapy is best when a client needs special attention to specific areas of the body. The technique involves slow and deep strokes that focus pressure on the layers of muscles deep under the skin. Deep tissue massage is helpful with muscle injuries.

For appointments, call:
(973) 285-7848